

The BFS Set-Rep Rotation System

Introduction

Since so many coaches have purchased our Personal Set-Rep Record Journal and we have made recent updates to improve the understanding of the system, we have decided to include that up-date in this journal:

Start right in with 3 sets of 3 reps. This is the first week of the BFS 4-week cycle Set-Rep System. You will do 3 sets of 3 reps on each core lift this entire first week. You will also begin recording your workouts as you establish your rep records and set records!

MONDAY

BOX SQUATS: First set, 145 pounds X 3 reps. Now for the 2nd set, you may either go up in poundage, stay the same or go down. Let's say you do 175 pounds for the second set and 205 for the third set. Don't worry if this 1st workout seems too easy and you aren't tired. You want to make sure the spotting and lifting techniques are learned.

TOWEL BENCH: Since most athletes know their max on the bench, take 80% of your max for your first set. For example, if your max is 200 pounds, begin with 160 pounds for 3 reps on your first set. If you've never done benches before, use 80% of your body weight or 125 pounds whichever is the least. If this is too much weight for 3 reps, use 70% or even 50% of your body weight. For your 2nd set, you may go up, stay the same or go down in poundage. Do the same for the third set of 3 reps.

NOW RECORD WHAT YOU'VE DONE

3 X 3 SET RECORDS

Turn to page 9 and record your set workout. It might look like this:

$$145+175+205=525 \div 3=175$$

$$160+170+175=505 \div 3=168$$

BOX SQUAT				TOWEL BENCH			
1	145	$\frac{T}{O}$	525		160	$\frac{T}{O}$	505
2	175	$\frac{A}{V}$ $\frac{G}{G}$	175		170	$\frac{A}{V}$ $\frac{G}{G}$	168
3	205	$\frac{D}{A}$ $\frac{T}{T}$	2/3		175	$\frac{D}{A}$ $\frac{T}{T}$	2/3

REP RECORDS

Turn to page 17 and record your Box Squat rep records and page 18 for your Towel Bench rep records. By using the above 3 x 3 workout, your rep records would look like this.

Notice that you have recorded 205 pounds on the Box Squat and 175 pounds on the Towel Bench for the first **three** rep records. Up to this point, that is the most lifted for reps 1 and 2 as well as three. Even though you may be capable of doing much more, **only record what you actually did.** That's all you have proved to the world you can do for these reps. Don't worry, you will break these records very soon.

BOX SQUAT	
REP	Established Record
MAX	205
2	205
3	205
4	
5	
6	
8	

T BENCH	
REP	
MAX	175
2	175
3	175
4	
5	
6	
8	

WEDNESDAY

CLEAN: Do the 3 x 3 workout. Use 80% of your maximum. If you've never cleaned before, use 80% of your body weight or 125 pounds whichever is the least. Use the same procedure for the 2nd and 3rd set as in Monday's workout and record your efforts as outlined on the previous page.

DEAD LIFT: Do the 3 x 3 workout. Start with 235 pounds or 1½ times your body weight whichever is the least. Use a spotter. Follow the same procedure and again record your efforts.

FRIDAY

BENCH PRESS: Do the 3 x 3 workout. Use the same poundage and procedure as in Monday's Towel Bench workout.

SQUAT: Do the 3 x 3 workout and use the same procedure as Monday's Box Squat Workout.

THE SECOND WEEK

5 sets of 5 reps (5 x 5). Select your poundages as in the first week. Record your efforts. You will also establish your 4 and 5 rep records as well as your 5 x 5 set record.

THE THIRD WEEK

(5-4-3-2-1) In the example below, 165 was done for 5 reps, 175 for 4 reps, 185 for 3 reps etc. Record your efforts. You will establish your 5-4-3-2-1 set records and you may even break some rep records as illustrated below.

AN EXAMPLE OF RECORDING THE BENCH PRESS

SET RECORDS

5 x 5 BENCH				5-4-3-2-1 BENCH			
1	160	TOT	825	1	165	TOT	925
2	165	AVG	165	2	175	AVG	185
3	170	DATE	2/10	3	185	DATE	2/17
4	165	WEIGHT	166*	4	195	WEIGHT	167*
5	165			5	205		

*Record your body weight here.
As you get bigger you will get stronger.

REP RECORDS

REP	Est RECDs	1st Break	2nd Break	Date of 2nd Break
MAX	175	205		
2	175	195		
3	175	185		
4	170	175		
5	170			
6				
8				

B. Established Records in 5 x 5 week

C. Broken Records in 5-4-3-2-1 week

THE FOURTH WEEK

This week is special. You have no predetermined set-rep routine. Your objective this week is to break as many rep records as possible. You should establish records for 6, 8 and 10 reps on the Bench, Towel Bench, Squat and Box Squat. You will notice the rep records go to only 5 reps on the Clean and the Dead Lift. Doing extra reps on these two lifts could cause an injury especially to the lower back. As fatigue sets in chances for muscle spasms and incorrect lifting technique increase.

After all rep records have been established, then try to break the easiest records first. For example, if your max, 2 rep and 3 rep record is 235 pounds then obviously your max would be the easiest record to break. However, let's say you put 245 on the bar and the first rep went easy; **Don't Stop**. Try and squeeze out as many reps as possible. Remember, each rep is a new record!

THE FIFTH WEEK

Now the fun of the BFS System moves into high gear. From now on every time you come into the weight room you've got a challenge and an objective. You should try to break as many set and rep records as possible. You begin the 5th week by again doing the 3 x 3 workout. You will notice on the previous months example a total of 505 was achieved. **Your objective is to simply do more!**

AN EXAMPLE OF THE FIFTH WEEK BENCH PRESS

Look at what happened!! The total record was smashed by 50 pounds and the average record was broken by 17 pounds! In addition, a new 3 rep record was attained. (Refer to the example on the previous page) 190 pounds should be recorded under the 2nd Break column along with the 3/3 date.

THE SIXTH WEEK

Break your 5 x 5 Set Record!

THE SEVENTH WEEK

Break your 5-4-3-2-1 Set Record!

THE EIGHTH WEEK

Again concentrate on breaking Rep Records!

Now keep rotating your workouts in this 4 week cycle. You can expect to break 8 or more records per week or 32 per month for as long as you want. There are 60 possible records to break. Each of the six core lifts has 3 set records (3 x 3, 5 x 5, 5-4-3-2-1); that's 18 possible set records. The Bench Press, Towel Bench, Squat and Box Squat each have 8 rep records, while the Dead Lift and the Clean each have 5 rep records. That's a total of 42 possible rep records. That's why it is easy to break so many records. What would happen if you broke 8 personal records per week for one year? It kind of boggles the mind doesn't it? **The Sky Is The Limit!!**

3 x 3 SET RECORD

T. BENCH			
1	160	TOT	505
2	170	AVG	168
3	175	DATE	2/3
1	180	TOT	555
2	190	AVG	185
3	185	DATE	3/3